Welcome/Introductions
Beth Sise/Carol Skiljan
Beth welcomed everyone to the SPC May meeting. Everyone around the room introduced themselves to the group.
SPC Overview/Website Update
Yeni L. Palomino
Yeni shared the background of the Suicide Prevention Council and its history and mission. It started as a work group in 1999 than in April 2010 the action plan was created and in 2011 the formal creation of the SPC. For more information and resources you can visit the website: www.spcsandiego.org

SPC Subcommittees Updates
Yeni L. Palomino

Faith Organizing Outreach (Lora Cayanan)
Lora shared that they just had the 6th annual Faith Breakfast that was held on May 19th at Emmanuel Faith Community Church. It was the first time having the event in North County. The topic of the Breakfast was linking spirituality with the faith community with mental health services. Some of the speakers were Judi Patterson from Mental Health America San Diego spoke on the subject of stigma reduction in congregations. Also, Fred Moore and Jesus Sandoval of Urban League of San Diego County spoke about the Faith Academy Central Region and Mary Ferro of Interfaith Community Services presented on Faith Academy North County. There were 90 people that attended and SPC will look over the evaluations for the event. Yeni shared that they haven’t held the Faith Breakfast in the South Region and will look for a partnership to host.

School Collaborative K-12 (Judi Park)
Judi shared about the Inclusion through Kindness and Compassion Conference that was held on April 28th at Marina Village. The speakers addressed LGBT safety in the schools. Some of the topics were trauma informed care, LGBT suicide statistics, and creating a culture of compassion. It was well attended with 250 guests. Also, the subcommittee discussed the Netflix show ‘13 Reasons Why’ and the effects it has on the schools.

Higher Education Subcommittee (Lora Cayanan)
Lora shared that the subcommittee consists of staff in the mental health services, faculty, and students that are in the colleges/universities setting. The previous meeting was held on Wednesday, May 3rd and discussed the SPAP Community Engagement Plan overview and results. Each member shared Mental Health Awareness Month activities at their campuses. Marge Reyzer will be stepping down as co-chair and Judy Patacsil from Miramar College will be the new co-chair.

Media (Yeni L. Palomino)
Yeni shared that Stan is working with Torrey Pines High School since the incident of a teenager died by suicide by police officers. He has conducted media interviews on resources and identifying warning signs. The San Diego Union-Tribune has reached out to SPC for commentaries; Yeni shared that they did a good job with responsible reporting in providing resources. The subcommittee has developed a letter regarding the Netflix show ’13 Reasons Why’ to bring awareness of resources and promote dialogue with parents. Also, SPC attended the Directing Change Screening and Award Ceremony at the California Center for the Arts, Escondido.

Coronado San Diego Bridge Collaborative Update
Yeni L. Palomino
The representative couldn’t attend the meeting.

Spotlight Presentation (NERDS RULE INC.)
Tristaca McCray
Tristaca McCray is the Executive Director and founder of NERDS RULE INC. It started in 2011 with prevention of bullying and domestic violence. She will be launching NERDS RULE Ambassador Program from July 10 to August 4, with 100 sixth graders the goal is to have the students create an action plan, specifically a health fair. Tristaca will also launch NERDS RULE International in January 2018 where she will live in Nigeria for four months and bring her empowerment program to lower the 18.9% suicide rate in the country. In addition, she is collecting books for a library in that country. They have a program called “The Queendom Project” with 300 girls that
experienced some type of domestic violence to become an ambassador and create their own projects. To find out more about the various programs, get involved, and donate books visit her website at www.nerdsruleinc.org for more information.

SPC General Updates

- May is Mental Health Awareness Month and SPC had a Kick-Off event on May 2nd with Mental Health America San Diego for First Responders. Topics covered were trauma informed care and different type of traumas that affects First Responders.
- Yeni presented with Dana Richardson and Behavioral Health Services staff at a community forum in southeast San Diego on the rising African American suicide rate. SPC will have a future discussion on the topic.
- The Suicide Prevention Action Plan is being drafted. Yeni will review at the end of this month and be presented in June.
- There is a delay with the SPC Report Card, this is due to the changing data.
- Last month, Yeni and Dana attended the 50th annual American Association of Suicidology Conference in Phoenix, Arizona. Dana and Yeni do a formal presentation of the lessons and practices they learned at the July’s SPC meeting.
- The Annual Stakeholders Meeting will be on June 27th from 8:30am-1:30am at the San Diego County Office of Education Comm Lab 1-4. Joshua Smith of the County of San Diego Medical Examiner will do a data presentation of the 2016 suicide rate in San Diego County, a live feed colleagues in New York for an update on the Columbia Suicide Severity Rating Scale, and update on the Suicide Prevention Action Plan.

Announcements

- Mary Benson of RI International, the County of San Diego Peer Liaison Program Presents: The Adult County-Wide Speak-Out and Learn: Cultural Competency today from 1pm to 3pm at the Mission Valley Library.
- Martha Hernandez of Hamilton Relay, their organization provides telecommunication relay services for individuals who are deaf, hard of hearing, deaf-blind, or difficulty speaking.
- Lisa Garcia of RI International will have their California & Western States Leadership Conference on November 4th and 5th, there will be a resource fair for those interested in tabling. They are also looking for recipes for their Cookbook fundraiser. On June 14th there will be an online meeting that will address mental health issues, to virtually attend, go to www.recoveryinternational.org/meetings/online-meetings
- Paige Colburn-Hargis of Scripps, gave an overview of the La Jolla Scripps Trauma Expo that was geared for first responders, the event had 300 people attended and had injury providers table.
- Tristaca McCray of NERDS RULE INC., Keiller Leadership Academy will have a health fair on August 4-5 and will have a resource fair for anyone interested in tabling.
- Joyce Bruggeman of SOSL, they created two programs. The first is a workshop on Surviving the Trauma of Suicide that will be held today at 6:30pm-8pm at Serra Mesa Library. The second workshop is Helping Children Heal after Suicide on June 2nd from 6:30pm-8:30pm at Camino del Rio South, Ste. 300, two clinicians will be present since children are expected to attend. They changed the name to their annual walk to “A Walk in Remembrance with Hope” and partnered with Directing Change. Finally, SOSL has collaborated with the Marine Intercept Program to have a support group in Marine Corps Air Station Miramar. Kimberly Beckstead shared that Miramar base is a testing ground for programs before spreading to other military bases in San Diego.
- Kimberly McGee of AFSP gave a recap of the 2017 Overnight Walk sponsored by the national organization that was held May 20th from 8pm to 5am that totaled 16 ½ miles and raised 1.1 million
dollars nationally. Some of that funding will go to San Diego because of their contribution and the research facilities.

- Heather Aston of Access & Crisis Line, they have various opening positions. To apply, go to UnitedHealth Group website: [http://www.unitedhealthgroup.com/](http://www.unitedhealthgroup.com/).
- Jayne Reinhardt of the County of San Diego, on June 2nd they will have the Vital Aging Summit sponsored by the County of San Diego Aging and Independence Services. The main event will be at Liberty Station while they will broadcast to the East Region, North Region, and Central Region. Jayne will be organizing for the South Region.

Adjournment 11:04am All

Next SPC Meeting is the Annual Stakeholders Meeting
Tuesday, June 27, 2017, 8:30am-1:30pm
(Email: Julius Alejandro to RSVP jalejandro@sdchip.org)

Other Upcoming Meetings:

SPC Higher Education Subcommittee
Wednesday, July 5, 2017, 10:00am-11:00am
Conference Call
(To RSVP email jalejandro@sdchip.org)

SPC Assessment & Evaluation Subcommittee
Wednesday, June 14, 2017, 1:30pm-3:00pm
(To RSVP email jalejandro@sdchip.org)

SPC Media Subcommittee
Monday, June 12, 2017, 2:00pm-3:30pm
(To get meeting information email jalejandro@sdchip.org)

SPC Schools Collaborative (K-12) Subcommittee
OPEN Meeting
Tuesday, June 13, 2017, 1:30pm-3:00pm
(To RSVP email jalejandro@sdchip.org)

SPC Faith Outreach Subcommittee
NO MEETING IN JUNE
Wednesday, July 19, 2017, 11:00am-12:30pm
(To RSVP email jalejandro@sdchip.org)

SPC Tools:
SPC 3-Year Strategic Work Plan; SPC Charter; SPC Elevator Pitch
SPC Flyer; SPAP & SPC Standard Presentation;
San Diego County Responsible Reporting on Suicide Guidelines
SPAP & SPC Sample Newsletter Text; SPC 2011 Activities
www.spcsandiego.org

Suicide Prevention Action Plan
www.up2sd.org/find-help/resources/suicide-prevention-and-support
www.sdchip.org/committee/publications.aspx

Question, Persuade, and Refer (QPR) Gatekeeper Trainings for Suicide Prevention
FREE 1 HOUR TRAINING JUST CALL TO SCHEDULE
www.sdchip.org/suicide-prevention-training.aspx
To schedule training(s): Contact Lora Cayanan at 858-609-7971 or lcayanan@sdchip.org.

Upcoming Events of Interest:

SPC Annual Stakeholders Meeting
Tuesday, June 27, 2017, 8:30am-1:30pm
SDCOE (6401 Linda Vista Rd, SD CA)
(To RSVP: jalejandro@sdchip.org)

Applied Suicide Intervention Skills Training (ASIST)
Thursday and Friday, June 29-30, 2017, 8:00am-4:30pm
Marina Village (1931 Quivira Way, SD)
(For information: jalejandro@sdchip.org)